

# Maintaining Bronze, Silver, Gold and Platinum Achieving Mental Health Mid-Year Progress Report Checklist

- ☐ Coversheet
- ☐ November Newsletter

## **Bronze #1: 90 Minutes of Physical Activity Description**

- ☐ A description of how students are receiving 90-150 minutes of structured physical activity each week.

## **Bronze #2: Health Ed Core Curriculum Description**

- ☐ A statement that all teachers are teaching the USOE health ed core curriculum

## **Bronze #3: Gold Medal Mile Description**

- ☐ The school's GMM goal (how many miles or the destination)
- ☐ How you collect miles (passports, beans, punch cards, etc.)
- ☐ The total miles walked to date

## **Bronze #6: Heart Health Survey Description**

- ☐ statement that HHS were turned in when this school completed the Bronze criteria

## **Silver #1: PTA Health-Related Event Description**

- ☐ A description of the event. Give specifics about the activity
- ☐ A description of the PTA's involvement

## **Silver #3: Competitive and Non-competitive Activities Description**

- ☐ List of competitive activities
- ☐ List of noncompetitive activities

## **Gold #3**

Provide descriptions for any Gold #3 non-policy criteria

## **Gold #3B: Team Nutrition Description**

- ☐ The approximate date the school signed up as a Team Nutrition School
- ☐ A description of the nutrition education activity and how students, parents or the community were involved

## **Gold #3C: Nutrition education in the classroom and cafeteria description**

- ☐ A description of what methods are used to teach nutrition in the classroom
- ☐ A description of what methods are used to teach nutrition in the dining room

## **Gold #3G: Non-Food Fundraisers Description**

- ☐ A statement that the school no longer participates in food fundraisers
- ☐ A list of the fundraisers the school held throughout the year

**Gold #3H: Consider Students Needs Description**

- ☐ A description of how students input was received when making changes to the school's nutrition environment
- ☐ A description of the changes made from student input

**Criteria Menu**

Provide descriptions for any non-policy criteria

**Criteria Menu #1: Walk to School Day**

- ☐ The date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event

**Criteria Menu #2: Jump Rope/Hoops for Heart**

- ☐ The date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event

**Criteria Menu #3: Grocery Store Tours**

- ☐ The name of the tour(s) the school participated in
- ☐ Dates of the tours
- ☐ The location of the store(s) the students visited
- ☐ How many classes went on the tour

**Criteria Menu #4: School Walk for Diabetes or Other Health Related Walk**

- ☐ Date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event

**Criteria Menu #5: Truth From Youth**

- ☐ The number of classrooms or students that participated in the ad campaign
- ☐ A description of any education the students received or other events that accompanied the ad contest

**Criteria Menu #6: Tobacco Prevention Program**

- ☐ Which tobacco prevention curriculum was used
- ☐ Which grade levels the curriculum was used in

**Criteria Menu #7: Cafeteria Connections**

- ☐ A description of how Cafeteria Connections was utilized in the classroom and in the lunchroom

**Criteria Menu #8: HealthierUS Challenge**

- ☐ A description of the process the school went through to become a HealthierUS Challenge School

**Criteria Menu #9: National Health Campaign**

- ☐ Which national health campaign the school participated in
- ☐ A description of the activities that were held throughout the day, week or month to promote the health campaign

**Criteria Menu #10: Olympic Field Day**

- ☐ The date of your Olympic Field day
- ☐ A description of the activities the students will participate in

**Criteria Menu #11: Student and Community Use of PA Facilities**

- ☐ A statement that students and the community are allowed to use the school's facilities and equipment
- ☐ A list of what facilities they are allowed to use

**Criteria Menu #12: School Health Council**

- ☐ A list of members on the School Health Council
- ☐ A list of some meeting topics

**Criteria Menu #16: President's Challenge**

- ☐ Which grades participated in the President's Challenge
- ☐ Which test they did
  - ☐ Physical fitness test
  - ☐ Health fitness test
- ☐ A description of any special events that accompanied the President's Challenge

**Criteria Menu #17: Golden Sneaker**

- ☐ Which grades participated in the Golden Sneaker Awards
- ☐ A description of any special events that accompanied the Golden Sneaker Awards

**Platinum #1: School Community Council Description**

- ☐ A statement that the school community council includes health on each agenda
- ☐ How often the School Community Council meets
- ☐ A School Community Council agenda

**Platinum #3: Faculty and Staff Wellness Description**

- ☐ A description of the activities the faculty and staff participated in
- ☐ A description of how the activities were promoted/communicated to faculty and staff
- ☐ If applicable, a description of how faculty participation was tracked

**Platinum #4: Parent and Community Involvement Description**

- ☐ A description of how parents and community were involved with Gold Medal schools
  - ☐ Note: A majority of parents must be involved or invited to complete this criteria

**Mental Health #1**

- ☐ When the Medical Recommendations policy was discussed

**Description for one of the following****Mental Health #2**

- ☐ A description of what activities students and faculty were involved in to promote mental health and wellness

**Mental Health #3**

- ☐ A description of the resources that were used to inform teachers of mental health issues
- ☐ How teachers were informed of mental health issues